

CH>RITY
CH>LLENGE



TRIP NOTES

**BELIEVE
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**SUMATRA JUNGLE CHALLENGE
INDONESIA**

Fri 09 Sep - Sun 18 Sep 2016





In aid of your choice of charity

09 Sep - 18 Sep 2016

10 DAYS | INDONESIA | TOUGH

This awe-inspiring challenge takes place in the mountainous Gunung Leuser National Park, one of the only places in the world where you can still see Sumatran orang-utans in the wild. Gibbons, elephants, hornbills, Thomas leaf monkeys, macaques, sun bears and the elusive Sumatran tiger are just a handful of the many species found in this unique World Heritage ecosystem. Throughout your tough six-day trek you will learn to spot an astounding array of plants and wildlife and hone many rainforest skills.

- Get a taste of jungle life, trekking and camping in Gunung Leuser National Park
- Track wildlife, visit local communities and sleep under a canopy of trees in prime rainforest
- See Sumatran orangutans in the wild and learn about the work done by the Sumatran Orangutan Society (SOS)
- Overnight in eco-lodges, tents and jungle camps
- Learn rainforest skills from qualified guides

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 09 Sep*

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International departure from London

The countdown is over and it's finally time to meet the rest of the team and a Charity Challenge representative for the flight out to Indonesia.

DAY 2 *Sat 10 Sep*

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Arrive Medan and transfer to Bukit Lawang

A Charity Challenge representative will meet the group at Kuala Namu Airport for the transfer (approximately 4-5 hours drive) to Bukit Lawang, which literally translates as 'door to the hills'. Once there, we can enjoy the rest of the day acclimatising and relaxing before our evening dinner and a full challenge briefing from the group guide. Overnight in the Ecolodge.

DAY 3 *Sun 11 Sep*

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Warm up trek to orangutan feeding platform (approximately 4-5 hours)

It's an early start to for the trek to the orangutan feeding station in the Gunung Leuser National Park, where former captive orangutans learn to adapt to the wild. The free-living apes are normally fed twice a day on a deliberately monotonous diet to encourage them to forage. This also enables the rangers to monitor how well they are coping in the wild. Overnight in the Ecolodge.

DAY 4 *Mon 12 Sep*

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Trek to Camp 1, Adi Black (approximately 5-6 hours)

The team will divide into groups for this morning's jungle trek experience. Over the next five days we will experience steep climbs and ascents with the aid of ropes and local guides who will teach us rainforest survival skills. There are plenty of stops along the way to acclimatise and appreciate the spectacular. We will spend our first night in a jungle camp at Adi Black.

DAY 5 *Tue 13 Sep*

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Trek to Jamur Batu Atas waterfall (approximately 5-6 hours)

As we trek deeper into the jungle, the environment becomes more and more secluded. Listen to the sound of the gibbons in the morning or the hornbills overhead. Be prepared for steep climbs and descents on this full day trekking to the impressive Jamur Batu Atas waterfall. Now more attune to our surroundings, we will be on the lookout for wildlife as we camp here the night.

DAY 6 *Wed 14 Sep*

-

Trek to Camp 3, Tapak Begu (approximately 5-6 hours)

It's time to test those all-important tracking skills, so keep your eyes peeled for orangutans! Begin to explore the jungle like a native as the guides point out the variety of wildlife and plant species along the way. Follow their lead and you may be in luck, though obviously sightings are never guaranteed. The trekking route ultimately heads for our jungle camp at Tapak Begu.

DAY 7 *Thu 15 Sep*

-

Trek to Limau Hantu (approximately 5-6 hours)

This is the final full day in the Sumatran jungle and we are heading for the Landak River. Be sure to take every opportunity to spot interesting sights along the way, as we make our way to our final jungle camp at Limau Hantu. Tonight the guides will prepare a special traditional event, while we catch up on the ups and downs of the trip so far.

DAY 8 *Fri 16 Sep*

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Jamur Batu Atas waterfall to tree replanting project (approximately 4-5 hours)

Rise and shine early for the last day of trekking, starting with a short walk upstream to the tree replanting project along the Landak River. The group will assist in clearing the land to make space for new saplings, as well as carrying out maintenance gardening around existing saplings. There's time for a refreshing swim before we head for back to the ecolodge, where we dine and overnight.

DAY 9 *Sat 17 Sep*

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Return transfer to Medan for international departure

There's time for one last team breakfast before we pack up. The group will then be driven to Medan, from where we board our international flight home.

DAY 10 *Sun 18 Sep*

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Arrive in UK

Be sure to swap contact with new-found friends and trekking partners before we touchdown early in the UK.

NB

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however, we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your challenge leader will have the final say.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.

The costs below are per person.

SELF FUNDER

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Pay a registration fee of £395.00 when you book

Then a balance of £1855.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £395.00 when you book

Raise a minimum of £3785.00 for your charity.

FLEXI

-

Registration fee of £395.00 when you book

Then £395.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £2980.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Access to "ask the expert" re your kit requirements
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice

On your challenge

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- A Charity Challenge T-Shirt
- Accommodation during the challenge (usually in twin share)
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- All challenge management before, during and post event
- All ground staff including English speaking guide, drivers, cooks, and porters
- All internal transfers
- An English speaking first aid trained challenge leader and full local support team (assistant, drivers, mechanic, medic)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- Full back-up support including first-aid qualified staff and first-aid supplies
- Internal road and air transfers as per the itinerary
- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- Three meals a day (unless otherwise stated in the itinerary)

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)
- Clothing and equipment listed on your Kit List

On your challenge

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- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 01/07/2016), and the remaining 20% within 4 weeks of completing the challenge (by 16/10/2016). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

Typical group size

The typical group size is 11 - 14 participants

Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 11 participants. We can run this trip with 6-10 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Optional extras

Business class upgrades*
Travel insurance
Single room supplements*
Extensions at end of trip*
Trek/bike training weekends*
(*subject to availability)

Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <http://www.campbellirvinedirect.com/charitychallenge>.

JUNGLE RETREAT AND ELEPHANT SAFARI IN TANGKAHAN – £295.0

In case you fall in love with Sumatra, we've created a fantastic extension that lets you explore the region further. Tangkahan is a small village on the border of Gunung Leuser National Park. You will stay there in a guesthouse, hosted by the local Karonese people. Other highlights include the chance to wash elephants, swim in a river, visit hot springs and go in search of macaques.

- Registration fee £50.0
- Balance £245.0

- Single Room £65.0

Level of Difficulty

The Sumatra Jungle challenge is graded as tough, which means that a good level of fitness is definitely required. You will need a very resilient and adventurous nature to take on this challenge, and you should train regularly in a period of at least 5 months leading up to the trek. You can tell your supporters that on your Sumatra Jungle Challenge you will be:

- Trekking for around 5-7 hours per day, covering approximately 45kms over 5 days.
- Carrying all of your jungle gear on your back throughout each day
- Battling the heat and humidity of the jungle
- Sleeping in a large tent with the rest of the group, in the jungle environment
- Attempting steep climbs and descents on muddy slopes, with the help of the occasional tree branch and ropes

Money

Currency: The currency in Sumatra is the Rupiah (IDR). For up to date currency exchange, go to www.xe.com. There are ATM's and currency exchanges available at Medan airport, and although you can exchange money before your arrival, you may get better rates in Indonesia.

Credit/Debit Cards: Once you have transferred to Bukit Lawang you will have no access to money withdrawal, so you should ensure that you have withdrawn or exchanged all of the money that you need prior to leaving Medan airport. However, a credit card in case of emergencies is a good idea.

Cash: All accommodation and meals are included within the price of the trip, as well as water during the days of your trek. You will not have any opportunities to spend money while actually trekking in the jungle, however at the Ecolodge there are opportunities to buy small gifts, souvenirs, softs drinks or alcohol, so ensure that you have a small amount of cash for those eventualities, as well as money for tips. There is also a small departure tax payable at the airport, of approximately 75,000 IDR (£5). £150-£200 would be a sensible amount, plus a credit card in case of emergencies.

Tipping: Tipping is at your sole discretion and all staff are paid a fair wage. However, tourism is a tipping culture, and our Sumatran guides will generally receive a tip at the end of a job well done. If you choose to tip, we would suggest an amount of £10 per day that you are with the guides (6 days with the full team), which can be given to the challenge leader at the end of the trekking part of the challenge. They will distribute it among the support teams in a tipping ceremony.

Visa

UK citizens travelling to Sumatra for tourism can enter the country for up to 30 days without a visa, so most people on our Sumatran Jungle Trek will not need a visa. If you are planning to travel around Indonesia before or after your Sumatran Jungle trek, for a duration of longer than 30 days, you will need a visa, which is payable on arrival. We will send out comprehensive visa information at 3 months prior to departure, for anyone in this situation. Your passport must have at least six months to run from the end of your challenge.

Vaccinations

For up to date vaccination information please check the NHS 'Fit for Travel' website:

<http://www.fitfortravel.nhs.uk/home.aspx>. Although the Charity Challenge team are travel professionals, they are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting in Indonesia, and as such it may be useful to take a copy of your itinerary with you. Malaria precautions should certainly be taken as Indonesia is a high risk area, and your GP or travel nurse can advise you on the different types of anti-malarials.

Flights

Your flight will depart from London Heathrow and arrive in Kuala Namu Airport (Medan) via either Singapore or Kuala Lumpur. The flight tickets will be issued to you upon departure at the airport. If you choose to book your own flights please confirm with the Charity Challenge office first, otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance). For more general flights questions, please refer to our main [FAQs page](#).

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main [FAQs page](#).

Group Size

Each group is intended to contain between 10 to 14 trekkers in total, which will be split down further once you begin your trek into 2 smaller groups of up to 7 people. This is to minimize our impact on the environment and ecosystem in the Sumatran jungle.

Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support staff to assist them, as well as an expedition medic. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

Climate

Indonesia has a tropical climate and is very hot and humid all year round. Many participants find this a shock and

quite oppressive at first, and trekking in this type of jungle environment is not to be taken lightly. It is a rainforest environment so you should be prepared with wet weather clothes as well as cool, light layers.

Terrain

You will be trekking in the Gunung Leuser National Park, where you will experience 6 days in prime rainforest territory. You will encounter very steep slippery ascents and descents, for which you will need a lot of core strength as well as the assistance, in some circumstances, of ropes that our guides will attach. The trails can vary from well worn paths to barely visible breaks in the undergrowth, and you will be battling all of this in the humidity of the jungle! You will also be undertaking many river crossings throughout your journey. See below for information about swimming and water.

Swimming Ability

We will not be expecting you to swim as part of the challenge. However, there are several river crossings in the jungle for you to navigate, and although Charity Challenge has put safety measures in place to ensure a safe crossing, in the event of an accident or emergency, confidence with swimming and water based activities is essential. Ideally, we would expect you to be able to swim 50m fully clothed.

Luggage

The luggage allowance will depend on the airline we are using for your challenge, but in general it will be one piece of checked baggage at around 23kg. However, the baggage situation is quite specific for Sumatra so please read carefully!

You will be carrying all of your trekking gear for 5 days with you throughout the trek, including your sleeping bag/liner but not including any 'group' equipment like food and tents, so you need a suitable rucksack for this kit. We suggest about 40-45l for the trekking section, which you can also use as your hand luggage bag. You can leave your 'main' bag at the Ecolodge, containing any casual clothes, extra toiletries etc that you won't need during the trek. This should be the bigger bag that you will use for your hold luggage on the plane.

We would suggest that for the trek you are only carrying about 5-7kg of gear, and that you train with this weight. More details are available on our comprehensive kit list. As for valuables, the general rule is that if you don't need it, don't bring it. Your passport and any documents should be kept in a plastic bag to protect it from damp or water damage.

Finally, occasionally bags are delayed for 12-24 hours in Kuala Lumpur before coming on the next flight out to Medan, Sumatra. Please ensure that you wear your walking boots on the plane, and pack a spare change of trekking clothes into your main bag as well as overnight clothes, in case your bag is delayed in Kuala Lumpur.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local

environments and communities in which they take place. Your Sumatran Jungle trek was specifically set up with the assistance of the Sumatran Orang-utan Society, and all of the guides are trained in 'orangutan etiquette', and very knowledgeable about the plight of the Sumatran rainforest and the effect of deforestation on the animal population.

Your responsibilities while on the challenge:

- Dispose of rubbish responsibly. If in doubt, ask the guides.
- Purchase drinks, postcards and souvenirs from the local vendors in Bukit Lawang. It may be their sole source of income.
- Remember that you are in the presence of wild animals, or even ex-captive animals. Treat them with respect.
- We recommend that you maintain a minimum distance of 10 metres from the closest orang-utan. Humans and Orangutans share over 96.5% of their DNA, so many diseases can be passed from both humans to orang-utans and vice versa (pneumonia, influenza, TB, cholera and even the common cold are just some of the many examples).
- Do not touch the orang-utans under any circumstances.
- Be careful of flash photography around the animals.

For more information, please visit our [Responsible Tourism](#) pages.

Typical day

While in the jungle, you will wake at around 7.30, have breakfast and pack up your belongings for the next section of the walk, including your sleeping bag. Your porters and chef team will fully strike the camp after you start trekking at around 9am, and they will catch you up before running on to set up the next camp. You will be given enough water for the day's trek. You will be walking for 4-7 hours each day, stopping for a lunch break in the middle of the day. Specific hours of activity for each day are given in the itinerary. The climbs and descents are steep, slippery and should not be underestimated. You will be using ropes in several places to assist your climbs and descents.

Accommodation

When in Bukit Lawang, you will be staying at an eco-lodge, which is basic but very lovely and typical of the area, in twin-rooms with en-suite bathroom facilities. If you are travelling with a friend or partner who you wish to share with please ensure that you note this where appropriate when booking or email challenges@charitychallenge.com.

While in the jungle, you will be staying in a large tent alongside all the rest of your fellow trekkers. The sleeping mats will be lined up along the tarpaulin floor, and you will sleep side by side. Toilets will be a dug-out long-drop, surrounded by a toilet tent that the porters will erect and filled in completely every morning. Mosquito nets are not provided, for the reason that they are not generally necessary in your camping locations.

Food & Drink

Food is delicious and very plentiful. When in the eco-lodge you will have a set breakfast and a buffet evening meal, with a variety of meat and vegetable dishes. Food in Indonesia is based around the staples of rice or noodles, and

is not as spicy as in the neighbouring South East Asian countries. Food during the trek will be pancakes or toast, cheese and eggs for breakfast, fruit and a rice or noodle dish for lunch and various dishes for dinner. Your guides will also be able to show you their techniques for cooking in banana leaves! If you have any dietary requirements please note this on your booking, or email challenges@charitychallenge.com. We would recommend that you also bring plenty of snacks for your trekking days, and particularly something comforting that you will like to eat at the end of a hard day.

Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You will also need river shoes for your river crossings, and a very comfortable rucksack of approximately 40-45L to be used while trekking. Make sure you train with your rucksack to get used to the weight of carrying your belongings. Other essentials are a high quality gore-tex waterproof jacket and technical/wicking t-shirts rather than cotton shirts.

A full kit list for this challenge can be [found here](#), and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

Toilets

These range from very basic ('communing with nature' on the trek itself) to normal western standards in the accommodation. While in camp there will be a long-drop toilet, around which the porters will erect a tent, and there is always hand-washing facilities in camp. You should bring anti-bacterial gels to use frequently, particularly around lunchtime when there is not always access to a water source. It is difficult to stay hygienic in the jungle so anti-bac gels are absolutely essential.

Phone and WiFi

In the eco-lodge you will have access to WiFi and phone signal, if your phone provider has service in Sumatra. However, in the jungle you will be away from all connectivity throughout. The leaders will carry a satellite phone for emergencies, but this is an opportunity for you to get out of the daily routine and enjoy the relaxation of a week without social media and the buzzing of your phone!

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

In terms of your Sumatran Jungle challenge, there are a couple of important points that you should be aware of:

- You will be undertaking several river crossings each day, which may be up to the knee. Your leader will teach you the best practice in crossing rivers, and you will have assistance from the leader and guides. However, for safety reasons you should be able to swim 50m fully clothed.
- Most of this trek is very remote, with no vehicle access, and emergency evacuation could take several hours to a road, with the nearest hospital being 4 hours away from the road in Medan.
- The Guardia bacterium is present in Sumatra. You should not drink from rivers or streams without boiling the water first. All water given to you on the challenge will be boiled and purified.
- You will be in a jungle environment, and sharing the environment with wild animals. There is the chance that you will see snakes, and certainly insects and primates.
- Smoke alarms are not a legal requirement in Indonesia, and as such the eco-lodge we use does not have them in place. Your leader will explain the emergency fire procedures to you.

Emergencies

The event is not a race and there is always a large discrepancy in people's walking abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. In the event of an emergency, your leader will take control, and the procedure will depend on the nature of the emergency and the distance from the eco-lodge. The leader will have a satellite phone with them at all times.

Training

Training and fitness is definitely required. It is important that you work specifically on your stamina, leg and joint strength, and balance in order to get as much out of the challenge as possible. You will need both lower and upper body strength, as you will be grabbing onto tree roots and using ropes to ascend slippery paths. Core strength is also useful for balance and descents. Although it's difficult to replicate the trekking environment in the UK, the best training advice is to get outdoors into some of the mountains of the UK, and carry all of the weight in the rucksack that you will be using on the challenge. You need to be able to sustain around 4-7 hours of trekking for 5 continuous days, so if you can then replicating this over a weekend would be fantastic training.

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)



This trek was the most amazing experience of my life. The people were exceptionally friendly and accommodating, and the wildlife and terrain is breath-taking and has left me with so many wonderful memories and friendships. It has been a life changing experience.

Shona Williams



A great challenge with extreme rewards! To see orang-utans close up in the wild – phenomenal!

Nigel Topliss



Everyone from guides to leaders were amazing and made sure that we were safe and comfortable. Nothing was too much effort. This is my 4th challenge and by far the most amazing.

Stephanie Brown

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Any more questions?

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